

Sasebo community honors Armed Forces Day

JO3 Rebekah Blowers
CFAS Public Affairs

The Sasebo community honored Armed Forces Day last Saturday with an all-day celebration at Nimitz Park.

Morale, Welfare and Recreation (MWR), along with the Armed Forces Day Committee headed up the event providing booths from several Fleet Activities Sasebo (CFAS) organizations, a live band, air toys, Fire Department presentations and much more.

Sports events started as early as 9 a.m. with a formal ceremony beginning at 1 p.m. with the Naval Junior Reserve Officer Training Corps (NJROTC) Color Guard, E.J. King School band and remarks from Commander, Fleet Activities Sasebo, Capt. Michael L. James.

“There are lots of American holidays, but this is one day that specifically recognizes sacrifices they [Armed Forces] make every year,” James said.

Master-at-Arms 1st Class Micheal Key, chairperson of the Armed Forces Day committee, said that the event was special because they were able to share it with the Japanese community as well.

“We are glad that the city of Sasebo allows us to have events like this because it brings the community together,” Key said. He added that the celebration gave the base community a chance to mingle with their hosts and educate them on the Armed Forces heritage.

The First Class Association, Filipino-American Association, Explosive Ordnance Disposal, Naval Mobile Construction Battalion-5 (NMCB-5), Navy League of the United States Sasebo Council, Voting Registration, Branch Medical Clinic and Early Development Intervention Services (EDIS) all had booths at the event. The First Class Association and the Filipino-American Association sold food and drinks for the guests while NMCB-5 painted children’s faces and let them sit in one of their camouflaged trucks.

Sasebo’s Fire Department held a Firefighter Combat Challenge that tested the skills and stamina of the firefighters. They also gave an extrication demonstration using the Jaws of Life towards the end of the day.

According to Guy Burleson, training chief at the Fire Department, the competition was in the spirit of this year’s Armed Forces Day theme of ‘A Tradition of Heroes.’

“All watching this event will have a true appreciation of what firefighters around the world face day in and day out in the performance of their duties,” Burleson said.

The winners are: 1st Place- F/F M. Yokozawa, Main Base (Sta 10. A-shift) Time 4 min, 11 sec.; 2nd Place- F/F Y. Toyomura, Hario Housing (Sta. 13 A-shift) Time 4 min. 13 sec.; 3rd Place- F/F Y. Tominaga, Hario Housing (Sta 13 B-shift) Time 4 min 15 sec.; Team Championship- (Crew



A festival participant climbs the rock wall provided by the Sailing and Outdoor Adventure Center at the Armed Forces Day celebration at Nimitz Park. (Official U.S. Navy photo by JO3 Rebekah Blowers)



A Seabee paints a child’s face at the Armed Forces Day event. (Official U.S. Navy photo by JO3 Rebekah Blowers)

Chief K. Iwato, F/F Y. Toyomura, F/F Y. Oura) Hario Housing (Sta. 13, A shift) Time 13 min. 39 sec.

The Armed Forces Day committee also had a poster contest. The following received prizes for their good work: 1st Place- Trevor Hansen; 2nd Place- Arienne Gagui; 3rd Place- Alexandra Quijano; 4th Place- Naomi Filio.

The Turning Pointe School of Dance provided entertainment along with the stateside band, UVR.

Isaiah Mincks, MWR athletics director, said that this year’s Armed Forces Day brought the biggest turn-out he has seen so far and he expressed his gratitude to all those who participated to make the event a success.

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CFAS Advancement Results

The March 2004 Advancement Exam results advanced many Sasebo Sailors.
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Sasebo Weather

Saturday

Partly Cloudy

High: 74° F

Low: 58° F

Sunday

Rain

High: 74° F

Low: 61° F

Monday

Rain

High: 71° F

Low: 60° F

Days since last DUI/DWI

(as of May 15)

61

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CFAS RELIGIOUS MINISTRIES
CFAS SAFETY DEPARTMENT
FLEET AND FAMILY SUPPORT CENTER
DoDDS
NAVY EXCHANGE-SASEBO
USS ESSEX (LHD 2)
USS HARPERS FERRY (LSD 49)
USS FORT MCHENRY (LSD 43)
USS JUNEAU (LPD 10)
USS GUARDIAN (MCM 5)
USS PATRIOT (MCM 7)
USS SAFEGUARD (ARS 50)

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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PSC 476 Box 93
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CFAS remembers Spouse Appreciation Day

"I didn't want yesterday to pass without recognizing its significance as Military Spouse Appreciation Day for this year.

The CNO-directed theme this year was "Heroes Behind the Scenes." I can think of a no more suitable reference to this truly remarkable group of husbands and wives who endure so much so their active duty spouse can fulfill his or her obligation of service to our country. In doing so their own service to country is, as the CNO puts it "an integral part of the patriotic fabric of our nation."

They're there for the PCS moves, often managing them from start-to-finish. They are amazing in their capacity as both mom and dad during long periods of separation. In their "free time," they make up an overwhelming percentage of volunteers so necessary to provide the quality of life we enjoy. They forgo personal and professional aspirations to support their loved ones, often living with the fears of the unknown while their husband or wife perform their military duties, sometimes in a hostile land far from home. They are one of the very key components in helping the Navy reach its



CAPT. MICHAEL L. JAMES
COMMANDER, FLEET ACTIVITIES SASEBO

readiness, retention and recruitment goals. It is often said that re-enlistment decisions

are made at the kitchen table, not the career counselor's table.

For the spouses here in Sasebo and at other overseas locations, your support and sacrifice is even more noteworthy. At times the remoteness and separation seem overwhelming with the typical support groups of parents and grandparents, aunts and uncles, brothers and sisters often thousands of miles away. But you manage by relying on the strength and support of a neighbor or friend to keep your families together, the bills paid and the kitchen cupboards full. And when your active duty husband or wife finally comes home, you put on a smile and make him or her feel like it was all worthwhile. To some it may seem like an overused catchphrase, but there truly is no tougher job in the United States Navy than that of a spouse.

So I hope each and every spouse who reads this gets the sense that there are many of us who sincerely appreciate all that you do for your active duty husband or wife. You deserve every bit of the recognition this day brings you, and then some. From the bottom of my heart, thank you."

Fleet Activities Sasebo offering Alcohol-Aware classes in May

JO3 Rebekah Blowers
CFAS Public Affairs

Sasebo has been offering Alcohol-Aware classes throughout the month of May.

Assistant command Drug and Alcohol Program Advisor (DAPA), Engineman 1st Class (SW/AW) Michael Montgomery said the class is for Sailors E-1 to E-4 and O-1 to O-3. It is designed to be command level training for alcohol abuse prevention and deglamourization. The goal of the course is



A Hospitalman and Hospital Corpsman attend the May 12 Alcohol-Aware Class. (Official U.S. Navy photo by PH3 Ian W. Anderson)

to make participants aware of the basic nature of alcohol as a drug and the risks involved in its use and abuse.

"There's a lot of young, new Sailors in the area who may not be very educated about alcohol. They really don't know how much trouble they can get into if they drink all the time," Montgomery said.

He added that alcohol is more easily accessible in Japan and that may be one of the contributors to the many alcohol-related incidents in the Pacific.

According to an article by David Brown in the May 3, 2004 issue of the "Navy Times,"

Adm. Walter Doran, Pacific Fleet Commander, addressed the alcohol-related incidents in Japan to his commanding officers - Sasebo being one of the problem areas.

"If it's all the way up to that level, there's a problem," Montgomery said. "People need to be educated and responsible for their actions. You can't use alcohol as an excuse for why you got in trouble."

Montgomery said some of the possible consequences Sailors face for alcohol abuse are restriction, loss of pay, jail time, or worse. Alcohol abuse can danger everyone around the abuser as well.

"Every job we do here can be inherently dangerous so if you come to work with a hangover, you might hurt yourself or someone else," Montgomery said.

He said that in the class each participant evaluates his or her own drinking and determines if it meets Navy standards.

"I give out questions so the person gets to assess themselves on paper. They can then decide before the command gets involved if they need help to get it," Montgomery said.

The personal risk assessment asks questions such as, 'When you have trouble or feel under pressure, do you drink more heavily than usual?' and 'When you are sober, do you often regret things you did or said while drinking?'

Overall, junior Sailors learn to be aware of the risks involved with alcohol, guidelines of responsible use and that it is acceptable to choose not to drink.

"Bottom line, if alcohol is causing you a problem, it is the problem," Montgomery said.

Alcohol-Aware is being offered every Wednesday throughout this month by sign-ups only. For more information, contact Montgomery at 252-2363.

CFAS honors VOM for March



Sasebo volunteers and Commander, Fleet Activities Sasebo, Capt. Michael L. James pose after being presented by James for March 2004's Volunteer of the Month recognition.

All three spent hours supporting the Volunteer Income Tax Association (VITA) program and electronic filing services for the Sasebo community. James congratulated them all and gave them great thanks from the Sasebo community for their hard work and dedication. (Official U.S. Navy photo by (PH3 Ian W. Anderson)

ICE WHAT: The Interactive Customer Evolution

(ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

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WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E. Runard, CFAS Command Chaplain at 252-3380.

March 2004 advancement results for Sasebo announced

CFAS Public Affairs

The following Sasebo Sailors have been selected for advancement to the next paygrade:

Advancement to E-4:
CFAS

Baas Wilbert MA3
Bek Nicholas MA3
Benson Damond MA3
Bird Tilden GM3
Blake Duane MA3
Blowers Rebekah JO3
Bonner Quamie MA3
Brunais Michael MA3
Croute Christopher GM3
Daniels Jesse MA3
Doucet Mitchell MA3
Dunbaugh Mathew PC3
Esparza Jose MA3
Evans Johnnie MA3
Gabris Jessica MA3
Gadi Riss MA3
Gates Jayson MA3
Jackson Yasheka MA3
Johannes Jeffrey MA3
Johnson Rubbie MA3
Kentzell Dustin MA3
Lowman Patrick MA3
Mar Antonio MA3
Mathwig Amber MA3
Mills Christopher MA3
Moffitt Douglas MA3
Moore Samuel MA3
Navarro Paul MA3
Norris Shawn MA3
Ortiz Jennifer MA3
Pratt Coady MA3
Robinson Damian MA3
Romero David MA3
Rushlander Clinton MA3
Schaeffer Philip MA3
Seager Timothy MA3
Shackelford Jennifer MA3
Sikes Christina MA3
Slaughter Bradley MA3
Spring Luke MA3
Staggs Thomas MA3
Tingley James MA3
Valadez Arely MA3
Wadsworth Christopher CM3
Wann Asher MA3
Willie Wilbertson MA3
Zambrano Jesse MA3
Branch Medical
Heinrichs Amanda HM3
Plakk Summer HM3
Proa Julie HM3
USS Essex (LHD 2)
Alcos Edwin MM3
Alderson Matthew AO3
Allen Benjamin DC3
Anderson Stevenson EN3
Armstrong Jason IT3
Aronson Michael AC3
Balderas Abraham ABH3
Barrett Daniel AE3
Bernardo Joseph PN3
Branum Stephen AC3
Bruce Jason IC3
Carlson Matthew QM3
Colontorres Rosa SK3
Cooper Bryant MM3
Cuevaslopez Laura CS3

Davis Alfred SM3
Delgado Edgard MM3
Dessner Mathew SK3
Diesing Edward HT3
Drake Daniel CTR3
Dulaney Kenyon SK3
Flores Wilfredo MM3
Fryar Robert AC3
Frye Jason HT3
Geci Alban ABH3
Gonzalez Daisy GM3
Grier Tiffany IT3
Guerrero Richard SK3
Hallgren Christopher ABH3
Han Chang MM3
Hawkins James DC3
Hutchinson Jason ABH3
Jankowski Daniel QM3
Johanson Cody MM3
Jusino Manuel MM3
Karnofsky Elizabeth ABH3
Kilgore Lisa AO3
Kini Caleb paul EM3
Konneh Johnny PN3
Kukus Joshua IC3
Lauderdale Jerry MM3
Louis Copernick SK3
Louis Geraldin MM3
Mahan Andrew PR3
Mandac William MM3
Martindale Brandon EN3
Martinez Michael ABH3
Massaro Robert MM3
May Sean MM3
McCawley Nicholas AZ3
McKinley Jeromy ABH3
McMurrin Sonja MA3
Michael David PN3
Montoya Nicholas EM3
Moore Kenneth CTR3
Morse William AO3
Nelson Brian EM3
Nicholas Diego DK3
Parker Kevin MM3
Peterson Tara IT3
Plante Mandy HM3
Porcenat Pierre EM3
Quezada German MM3
Smolinsky James CTR3
Sullivan Scott IC3
Talley Jacoby MR3
Taylor Brendan ABH3
Torion Melody ABH3
Varela Joel MM3
Visco Guillermo MM3
Welch Christopher QM3
Whitney Sean DC3
Williams Carlos EM3
Williams Stephanie SM3
Wright Sheldon AO3
NMCB-5
Dugan Sarah EO3
Morales Leonardo BU3
Shannon David BU3
Spencer Daniel CM3
USS Harpers Ferry (LSD 49)
Ashley Tiffany PN3
Bartelme Michael HT3
Berns Timothy DC3
Cook James EN3
Cook Jeremy EN3
Delaney Adrian SM3
Escobedo Miguel DC3
Gurung Anoj BM3
Guzman Rolando DC3
Lucas Andrew EM3

Maldonado Anthony RP3
Marcellais Joseph EN3
Morgan David DC3
Palomomartinez Alma PN3
Palacios Jose DC3
Reese Brian EM3
Sargent Terry MR3
Saunders Andrew GM3
Simms Vernon EN3
Smart Edwina YN3
Travis Reice GM3
USS Fort McHenry (LSD 43)
Addison Lisa CS3
Bemis Ricky CS3
Blanchard Jacob EN3
Clark Kevin DC3
Dancel Jenovitz SK3
Hendricks Brandon DK3
Hurtado Scott EN3
Ihrig Caleb DC3
King Justin EN3
Mays Joseph QM3
Millado Leerobert EM3
Peavy Christopher SK3
Phillips Mark IC3
Serrano Sheryl PN3
Wheeler Jared EN3
USS Safeguard (ARS 50)
Der Valene PN3
Hernandez Joel EM3
Johnson Deniece CS3
Merlos Myra YN3
Saechao Amy SM3
USS Juneau (LPD 10)
Arboleda M MM3
Barbalosa G DK3
Bautista F HT3
Bender R GM3
Byrnes R MM3
Choy H MM3
Endsley A IC3
Everhart D PC3
Fox E IT3
Garcia R MM3
Gonzales A CS3
Hampton S BM3
Hoene J MM3
Holley J MM3
Johnson H EM3
Lee F MM3
Lumbang C MM3
Maples J DC3
Marcum M MR3
Matthews A MM3
Miller D MM3
Mitchell C MM3
Notarianni M IT3
Padgett J DC3
Reyes M BM3
Rojo M ABH3
Roussel B MM3
Snyder A MM3
Tomlinson T DK3
Tumblin J CS3
Tutor W MM3
Woods S SH3
USS Guardian (MCM 5)
Hurst James EN3
ACU-1
Delgado BM3
Hill Jeffrey BM3
ACU-5
Allen James HT3
Johnson Kyle HT3

Advancement to E-5:
CFAS
Aggabao Jeoffrey MA2
Aguayo Alexs MA2
Austin Jessica MA2
Breedon Jennifer MA2
Brodsky Michael MA2
Brooks Brandon MA2
Clevenger Richard MA2
Coker Farrahelisa MA2
Currier George MA2
Cyr Matthew MA2
Davis Marshall MA2
Devine Daniel MA2
Ferry Neal MA2
Glau Michael MA2
Harrison Robert MA2
Hayes Robert EN2
Hinnant Phillip MA2
Kimble Shawn MA2
Martinez Joe MA2
Murray Patrick DM2
Pitts Michael MA2
Raby Eric MA2
Romero Kimberly MA2
Schulte Melissa MA2
Speaks Maurice MA2
Tapscott Shelton MA2
Thaggard Stephen LN2
Walker Ricardo EN2
Watkins Dante MA2
Wolfe Christopher MM2
USS Essex (LHD 2)
Brady Peter FC2
Brae Dewayne AS2
Brown Nicholas MM2
Castro Miljonas MM2
Christensen Denny DC2
Chung Denny IT2
Close Michael EM2
Cummings Steven MM2
Dillard Nathanael PC2
Downie Chadwick EN2
Duda Joris DC2
Escala Julius MR2
Gribben Serena DC2
Hervias Dunedinjun AD2
Hibic Albin EM2
Landolt Richard CTR2
Leslie Donald AO2
Lindsey Amy IS2
Lotivio Vanessa EM2
Mason Brian IS2
McElliott Christopher LI2
McGee Allison CTR2
Polish Sean AZ2
Reyes Jose AO2
Schmucker Timothy AG2
Scott Lisa ABF2
Smith Destiny SM2
Vincent Jason FC2
Williams Aaron CTR2
NMCB-5
Montoya Juan SW2
Palmer Donald UT2
USS Harpers Ferry (LSD 49)
Boatwright Alicia JO2
Clark Cody EN2
Felton Latonya CS2
Rhyans Clarence EN2
Secody Jolynn FC2
Semenza Amanda BM2
Todd Camille PN2
Walters Steven EN2
Ward Damian EN2

USS Fort McHenry (LSD 43)
Drake Michael IC2
Haynes Stephen JO2
Rodriguez Alejandro EN2
Rubi Charito SK2
Santisteven Joseph EN2
Schiffman Daniel EN2
Weltzin Shaun BM2
Woodrow Brendan IC2
USS Safeguard (ARS 50)
Chinn Kevin HT2
Diorio Joseph EN2
Fiecke Jason EM2
Marquez Catherine GM2
Sai Sei MR2
USS Juneau (LPD 10)
Bishop E MM2
Burris P MM2
Friday O IT2
Funchion N HT2
Gordon W MR2
Kusel C GM2
Rains T QM2
Usher D MR2
Varela ADC2
Young J HT2
USS Guardian (MCM 5)
Anderson David EN2
Narinesingh Rakesh MN2
Vaught Jeffery EM2
ACU-1
Nolting Stephen EN2
ACU-5
Sellers Gabriel GSM2
Advancement to E-6:
CFAS
Abdullatif Hassan MA1
Blackburn Tom MA1
Cook Samuel FC1
Cornwell Collin MA1
Correa Nicomedez MA1
Crosby Steven MA1
Johnson Ray EN1
Lynch Joshua MA1
Portis Kelvin MA1
Siewert Shane MA1
Washington Clarence MA1
Williams Melvin MA1
USS Essex (LHD 2)
Coyle James JO1
Franklin Danny GM1
Gonzalezrestrepo Juan PR1
Licon Mario IC1
OBrien Joshua CTT1
Poston Kenneth MM1
Rhymes Hasani DC1
White Christopher SM1
Yakle Kenneth NC1
USS Harpers Ferry (LSD 49)
Enriquez Danny EN1
Malong Mario CS1
USS Fort McHenry (LSD 43)
Schumann Justin EN1
USS Safeguard (ARS 50)
Groves Randle HM1
Raigoza Dominic YN1
USS Juneau (LPD 10)
Ashurst S MA1
Crowther K BM1
Greenman S HT1
Raymer J MM1
USS Guardian (MCM 5)
Corleone Christopher MN1
Weaver Michael EN1

Darby teacher keeps students, parents connected

Barbara Martinez
CFAS Public Affairs

Computer technology is no stranger in the business world, nor in the world of education. Teachers utilize specialized software to enhance the learning process in classrooms, online classrooms allow students from remote locations to access classes, and the availability of the Internet presents facts and knowledge to us virtually 24 hours a day.

The advent of the Internet has also allowed us to easily keep in touch with those far away through email or a personalized Website, keeping friends and family back home abreast of our lives and activities. A quick email to a deployed loved one can bring comfort knowing that the receiver can view it within moments, rather than weeks by conventional mailing methods.

Here at Fleet Activities Sasebo (CFAS), residents can obtain up-to-date weather conditions through its Website (www.cfas.navy.mil/), the latest that Morale, Welfare and Recreation (MWR) has to offer (www.cfas.navy.mil/Ogz/mwr/mwrhomepage.html), or view a calendar of our schools' activities at any time of the day or night.

A teacher at CFAS has come to utilize the Internet as a way to marry the many uses of the Internet by sending a bit of school to the home and the deployed.

Ms. Kathleen Bogen, first grade teacher at Darby Elementary School, has developed a special Website for her students and parents. Along with class events, a listing of homework for the week and classroom scenes, the students can be heard reading poetry, describing their artwork, or telling their favorite jokes.

Daryl Hartshorn chuckles to himself as he listens to his classmate Kento Burke recite his favorite joke on the link "Jokes For Dad." Each of the children's jokes are heard starting off with comments such as, 'Hi Dad,' or 'Hey Dad, here's my favorite joke.' "It's been a huge success with the children. They love listening to themselves and each other," commented Bogen.

As training was not available locally, she took advantage of her summer vacation last year and took courses in classroom instructional technology through the University of Northern Iowa to gain the skills needed to get her vision off the ground. "It used to take me a while to actually place this online, but it's become much easier now." Bogen said.

Military children are unique in that parents may be away

for long periods of time, and Bogen hopes that this project can 'bring Dad or Mom daily in the classroom' and strengthen the partnership between home and school.

Charles Yalung methodically clicks on each link to listen to his classmates describing the parts of an insect. Then, views the "About Me" that each student has prepared that includes a scanned graphic of a drawing and sound clip of each student reading a poem they have written about themselves.

Clicking on the link "Events" brings up sublinks of photos such as the Girls' and Boys' Days festivities held in Bogen's class. There are pictures of the girls being dressed in kimonos and the class enjoying the days' activities. "There are so many parents who would love to take a bigger part in their child's school activities, but are unable due to work, or worse, being deployed," Bogen said.

First grader Autumn Gipson knows her way around the site well. "I really like this. We look at this at home, but one of the bad things is that my dad can't hear it. Maybe because he's really far on the sea on the Essex."

Unknown to Autumn, however, Dolphin Net is actually built on an "Intranet" vice "Internet." What that means is that the Dolphin Net's content resides on a special computer that only specific "domains" or communities of other Internet users can access. Presently, CFAS milnet users and users of the JENS Internet service domain can access the content, but others, such as the U.S.S. Essex or the newly implemented USONet DSL service cannot.

"The ships used to have access at one time, but for some reason don't have it right now," Bogen explains, "But, hopefully they will gain access soon"

Geared to bond deployed parents with their students, she continues that this project could hopefully give them a connection to their children on a daily basis and narrow the gap that they experience being away from home. An added

bonus is that working parents are given an opportunity to look closer into the classroom as well.

"How nice would it be. You are a parent, having been deployed for one month, two months, and you can see and



Darby Elementary students enjoy the pictures and "Jokes For Dad" available on the class' Dolphin Net Website. (Photo by Barbara Martinez)

hear your child reading a poem, share in their classroom activities. Then, email your child back with your comments. It can really be a special moment for both," she said.

She says that her vision continues with the ability of the deployed parent to video or record themselves reading a story that could be shared with the classroom, creating bilateral interaction. Bogen's enthusiasm over Dolphin Net and the well-meaning behind it is contagious.

JENS subscribers or CFAS' milnet users may view DolphinNet by visiting [<http://210.81.197.15>](http://210.81.197.15). Click on 'Staff' - 'Ms. Bogen.'. Additionally, the following are the Website addresses for E.J. King, Sasebo Elementary and Darby Elementary, respectively: [<http://www.king-hs.pac.odedodea.edu/>](http://www.king-hs.pac.odedodea.edu/), [<http://www.sasebo-es.pac.odedodea.edu/>](http://www.sasebo-es.pac.odedodea.edu/), and [<http://www.darby-es.pac.odedodea.edu/>](http://www.darby-es.pac.odedodea.edu/).

King students represent Sasebo in Far East concert

Amy Brennan
E.J. King Correspondant

Far East Music Festival Concert
On April 18, the best musicians in Department of Defense Dependant Schools (DoDDs) high schools from mainland Japan, Okinawa, South Korea, and Guam went to Yokota for a week of rehearsals, culminating with a concert on Friday, April 23. To gain an invitation to this exciting event, audition tapes from over 300 students were evaluated, but only 90 band members and 93 choir members were chosen. E. J. King is proud to announce that Bryan Butler (trombone), Christina Renick (trumpet), Katie Collins (soprano), Mari Tumbado (tenor, his second year), and Scotty Reynolds (tenor) had the opportunity to represent Sasebo. Congratulations to our outstanding musicians!

CFAS Safety says motorcyclists need to share the road safely

Charles Carr
CFAS Safety

The Motorcycle Safety Foundation (MSF) promotes the importance of motorist awareness and sharing the road with motorcyclists, an important component of the National Highway Traffic Safety Administration's comprehensive motorcycle safety program. Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation. For example, a motorist may ignore a piece of road debris; however, that same piece of road debris may be deadly for a motorcyclist. Whether you're riding on two, four or eighteen wheels, you can help drive down the accident rate by being alert to your surroundings. The advice may be especially helpful in cutting down the number

of motorcycle accidents that occur annually. Motorists, particularly those who have not driven motorcycles, are sometimes not looking for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road. Drivers involved in crashes with motorcyclists often say they never saw the bike. The MSF encourages car drivers and others to watch for motorcycles on the road and respect their right to be there. MSF also urges motorcyclists to "Support Our Sport" by following all traffic laws and respecting the rights of other roadway users. The group offers these safety tips to motorcyclists:

Be a responsible rider: Wear appropriate protective gear-a Department of Transportation (DOT) approved helmet, eye protection, highly visible clothing or jacket, full-finger gloves, long pants and over-the-ankle boots. Also, know your skill level and ride within it. Use the SEE strategy-Search, Evaluate, Execute. SEE helps riders understand traffic situations and plan (and implement) a course of action to avoid trouble.

Practice street strategies: A motorcycle's

lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic. A rider can increase his or her visibility with bright colors or reflective gear and signaling all intentions to other drivers. The MSF teaches motorcyclists to use their "Rider Radar" to scan for hazards ahead.

Don't ride impaired: Alcohol and other drugs (prescription, over the counter or otherwise) diminishes visual capabilities and alters good judgment.

Before riding: You must have completed an MSF Motorcycle Safety Course within the last three years as outlined in OPNAVINST 5100.12 series. You are not authorized to ride a motorcycle on base without proof of MSF course completion and it is also necessary to acquire a base sticker.

Get trained: Call your CFAS Safety (252-3903) to get information on when the next Basic Rider Course (BRC) or Experienced Rider Course (ERC) is available and get on the list for this free training.

MWR looking for teen summer hires

Frank A. DeSilva
MWR Marketing

The Sasebo Morale, Welfare & Recreation Department, in partnership with the Boys & Girls Clubs of Sasebo, has summer job positions available for six teenagers between the ages of 16 and 18. The job positions are located in several MWR facilities, including the Outdoor Recreation Center, Main Base Fitness Center and Youth Summer Camp.

The Summer Teen Employment Program was made possible through a special grant from Navy Personnel Command in Millington, TN. Teens hired for the positions will receive \$6.50 per hour for a 40-hour workweek.

The program is designed to help students develop skills for entering the workforce, including preparing resumes, cover letter writing, job searching, how to properly fill out job applications as well as prepare them for job interviews. Under the program, students will also develop positive work habits and gain valuable leadership experience in the workforce.

Students hired for the positions will undergo a two-hour paid training program each week sponsored by the Fleet and family Support Center. The training will include hygiene and grooming in the work setting, appropriate dress, understanding and setting long and short term goals, increasing self control, understanding stress, visual communication, respecting the opinions of others, establishing a savings account and understanding your paycheck.

Interested teens are encouraged to pick up an application at the Main Base youth Center, Bldg. 502, from 3 to 6 p.m. Monday through Friday or at the MWR Personnel Office. Applications must be turned in by close of business on Friday, May 28.

For more information, please call 252-2989.

Sasebo's NFCU has new deal on Web Bill Pay

JO3 Rebekah Blowers
CFAS Public Affairs

Sasebo's Navy Federal Credit Union (NFCU) has made a permanent change to their Web Bill Pay program.

Web Bill Pay allows NFCU members to easily make payments to companies in the U.S. instead of making the payments by mail or other inconvenient methods.

According to Emily Baarson, manager of Sasebo's NFCU Member Service Center, beginning in May, members who make three or more payments using Web Bill Pay will receive the service for free. Members who make two or fewer payments a month using the service will be charged the standard \$4.95 per month.

Baarson also said Web Bill Pay is an excellent companion service to their online Account Access service.

"The two services together allow members to easily manage their finances 24/7 from anywhere in the world," Baarson said.

Web Bill Pay is not for payments to Navy Federal credit cards, loans or mortgages. For payments of that nature, members can use Account Access and transfer money from a Navy Federal checking account to Navy Federal loans or credit cards.

Baarson said that NFCU can provide a wide range of financial services for servicemembers and their families both while they are overseas and when they return to the U.S.

NFCU's vision is that they perform with such excellence that all present and potential members will choose NFCU as their preferred source for their primary lifetime financial services.

"Navy Federal services such as Navy Federal Online Account Access and Web Bill Pay help the credit union serve members no matter where their military career takes them and throughout their lifetime, even when they leave the Navy," Baarson said. She added that overseas branches, like the one here in Sasebo, reinforce NFCU's commitment to serving their members. Their motto is "We serve where you serve." Sasebo's NFCU also wants to hear what their customers think about the improvement to their online services as well as their inputs about other services they are providing. Baarson

encourages NFCU members to see her or fill out a comment card at Sasebo's Member Service Center.

"Your feedback will help us provide you with the services that you need," Baarson said.

FMI, contact NFCU at 252-3617.



A Navy Federal Credit Union cashier rolls coins. Members can take advantage of several great programs the credit union offers. (Official U.S. Navy photo by PH2 (AW) Jonathan Kulp)

King students register to vote

Amy Brennan
E.J. King Correspondent


On Monday, May 10, a group of E. J. King students were called to the computer lab in the school's information center during second period to take part in a fundamental practice of democracy ... registering to vote. This year, King has 38 students who will be at least 18 years old by the registration deadline of their state of residence, and many of them are now registered voters.

With help from the Federal Voting Assistance Program, a Pentagon-sponsored program that provides forms and materials to all overseas military installations, E. J. King's Voting Assistance Officer, Paul Brennan, walked the students through the paperwork, and even facilitated some online research on state and county websites to ensure that the forms were filled out correctly. Brennan stresses the importance of registering students to vote by saying, "You've got to start voting early, or you won't vote." He adds that, statistically, young voters have the lowest turnout and are the least consistent when it comes to going to the polls.

As another tip, Brennan suggests that people of all ages register to vote every time they move. In 1995, President Clinton signed the National Voter Registration Act, popularly known as the Motor Voter Law. This law requires states to provide voter registration services through drivers' license agencies, and other convenient means. In short, you can register to vote whenever you get a new driver's license.

Registering to vote, like many things, may be a little bit more inconvenient overseas, but E. J. King High School is doing its part to ensure that its students are capable of being a part of the democratic process. For more information about the Federal Voting Assistance Program, visit <www.fvap.gov> If you still need to register to vote, visit your Voting Assistance Officer today!

YOUR VOTE COUNTS!



- Contact the Staff Judge Advocate's Office at 252-3385 for registration and absentee ballots!
- Get more info on-line at www.fvap.gov

MB Library celebrates Mother's Day



A library patron watches carefully while her son and friend create something special for Mom for Mother's Day at the Main Base Library last week. The Main Base Library held a special Mother's Day event on Saturday, May 8 that included reading a short story to the children, creation of a Mother's Day card, and coloring pictures. The Main Base Library, part of the Sasebo MWR Department, regularly offers special events such as this for youngsters. The library manager has scheduled a similar event for Father's Day on Saturday, June 19 from 2 to 3 p.m. (Photo by Frank A. DeSilva)



UPCOMING EVENTS & MOVIES

Memorial Day Weekend

with Travel & Tours

Make your reservations today...
Seats are limited.
For more information, call 252-3433.

Saturday, May 29
Meriham Village

Adults \$12, 3-15 \$10, 2 & under \$5
Meriham Village is a great place to bring the little ones. They will enjoy rides, visit animals at the petting zoo and discover a variety of rides just their size.

Facilities:
Athletic field Free
Battery car (Go-cart) ¥100
Grass ski ¥300

Sunday, May 30
Kumamoto Castle

Adults \$23, 6-15 \$16, 5 & under \$10
Kumamoto Castle is located in the heart of Kumamoto City and is one of the most celebrated castles in Japan. It took over 7-years to build, commencing in 1601. This castle is 12 km in circumference and protected by a moat. We will visit the Suizenji Park where you will find the Suizenji Jojuen Garden, which was originally constructed as a tea retreat.



Sunday, May 30 –
Monday, May 31
Memorial Day Weekend
Hiroshima & Miyajima
Overnight Trip

Adults/12 & over \$120
Discover the beauty and history of Hiroshima and Miyajima. View the famous Otorii (Grand Gate) standing in the seas. Learn all of the history of Hiroshima as you tour through Peace Park and the A-Bomb Museum.



Monday, May 31
Memorial Day

Pro Baseball Night Game
at The Fukuoka Dome

All seats \$30
Japanese professional baseball began in 1937 with just 8 teams. In 1950, it expanded to 14 teams. All of the Japanese teams have nicknames like American teams. These nicknames are given by their corporate owners such as the Daiei Hawks, owned by the Daiei Supermarket chain and the Chiba Lotte Marines owned by the Korean Lotte Food conglomerate. The Fukuoka Dome is the first retractable dome in Japan and is home to the Fukuoka Daiei Hawks Baseball Team.



Movie Schedule for
May 14 - May 21

FEATURED
PREMIERE



Rated: PG

Starring:
Julia Stiles, Luke Mably,
Miranda Richardson,
James Fox and Joanne Baron

Paige, a free spirited American college student starting her education at an Indiana university, meets and falls in love with one of her classmates. What she doesn't know is that he's actually a Danish prince spending his "gap year", the year before having to perform his princely duties, hiding in America disguised as a regular guy.



SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, MAY 14	SATURDAY, MAY 15	SUNDAY, MAY 16	MONDAY, MAY 17	TUESDAY, MAY 18	WEDNESDAY, MAY 19	THURSDAY, MAY 20	FRIDAY, MAY 21
5 p.m. (PG) Scooby Doo 2 7 p.m. (R) The Ladykillers 9:30 p.m. (R) Never Die Alone	2 p.m. (PG) Agent Cody Banks 2 4:30 p.m. (PG-13) Secret Window 7 p.m. (R) Never Die Alone 9:30 p.m. (R) The Ladykillers	2 p.m. (PG) Scooby Doo 2 5:30 p.m. (PG-13) Starsky & Hutch 8 p.m. (R) Never Die Alone	6 p.m. (PG-13) Secret Window 8:30 p.m. (R) Never Die Alone 	6 p.m. (R) The Ladykillers 8:30 p.m. (R) Man on Fire	6 p.m. (PG-13) Starsky & Hutch 8:30 p.m. (R) Never Die Alone	6 p.m. (PG-13) Dirty Dancing Havana Nights 8:30 p.m. (R) Taking Lives	5 p.m. (PG) Scooby Doo 2 7 p.m. (PG-13) Van Helsing 10 p.m. (R) The Passion of the Christ

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MAY 14	SATURDAY, MAY 15	SUNDAY, MAY 16	MONDAY, MAY 17	TUESDAY, MAY 18	WEDNESDAY, MAY 19	THURSDAY, MAY 20	FRIDAY, MAY 21
6:30 p.m. (PG-13) Dirty Dancing Havana Nights 9 p.m. (R) Taking Lives	2 p.m. (PG-13) Calendar Girls 6:30 p.m. (R) Dawn of the Dead 9 p.m. (R) Man on Fire	2 p.m. (PG-13) Dirty Dancing Havana Nights 6:30 p.m. (R) Man on Fire	NO MOVIE SCHEDULED 	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (R) Never Die Alone	6:30 p.m. (PG) The Prince & Me 9 p.m. (R) The Ladykillers

THE LADYKILLERS (R)

Starring: Tom Hanks, Marlon Wayans, Irma P. Hall, Ryan Hurst and Stephen Root

The plot of an eccentric professor-turned-criminal-mastermind to commit the massive heist of a New Orleans riverboat casino appears to be thwarted by the actions of Mrs. Munson, the seemingly-innocent little old landlady of the house that he and his three accomplices are staying in. The house is crucial to their scheme because they want to dig a tunnel from the house to where the casino's money is kept. They decide that they need to remove her from the equation, but doing so might prove to be more difficult than they expect.

DIRTY DANCING HAVANA NIGHTS (PG-13)

Starring: Diego Luna, Romola Garai, Sela Ward, John Slattery and Jonathan Jackson

18-year-old Katey Miller moves to Havana with her parents in November 1958. Her parents expect her to move within their well-to-do circles, but she defies their wishes when she falls in love with Xavier, a waiter who also happens to be a fantastic dancer. Secretly meeting in a Havana nightclub, the pair practices their dance steps in preparation for a prestigious national dance competition. But the coming revolution may spell trouble for the pair's plans.

DAWN OF THE DEAD (R)

Starring: Sarah Polley, Ving Rhames, Mekhi Phifer, Michael Barry and Linda Booth

As the United States is turned upside-down by a strange plague-like event in which millions of corpses walk the earth as bloodthirsty zombies, a small group of survivors of the onslaught try to find shelter and protection within a massive shopping mall in the city of Everett, WA. What they don't reckon on is that the zombies still have some sort of residual memory, and everyone, including the zombies' love going to the mall, right? Realizing that their time is running out, they decide to make another attempt at flight, to a presumably non-zombie-infested land, but to do so, they'll have to get past thousands of zombie's in-between.

TAKING LIVES (R)

Starring: Angelina Jolie, Ethan Hawke, Kiefer Sutherland, Olivier Martinez and Gena Rowlands

When Montreal detectives handling a local homicide investigation reluctantly ask for an outsider's help to get inside the head of a cunning serial killer, Agent Scott joins the case. A top FBI profiler, Special Agent Ileana Scott is called in by French Canadian police to catch a serial killer who has spent the past twenty years taking on the identities of his victims.

[illegible]

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9:30 a.m.
Roman Catholic
Sun. noon
Episcopal
Sat. 5:30 p.m.
<http://culdee.org>
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule May 15 - May 21

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. May 15	9 a.m. - Countdown w/ Kieth Olbermann 11 a.m. - The Newshour 4 p.m. - Nightline 6 p.m. - MSNBC Investigates	9 a.m. - What Not to Wear 10 a.m. - Trading Spaces 4 p.m. - The View 8 p.m. - Everwood 10 p.m. - Rush Hour	3 p.m. - Headline News 7 p.m. - My Wife & Kids 8 p.m. - Behind Enemy Lines 12 a.m. - Kickin' It	8 a.m. - NBA 9:30 a.m. - Baseball Tonight 3 p.m. - Spongebob Squarepants 5 p.m. - Lizzie McGuire	8:30 a.m. - NASCAR Busch Series 11 a.m. - MLB 4 p.m. - Horse Racing 5 p.m. - NBA
Sun. May 16	9 a.m. - Washington Week In Review 10 a.m. - CNN People in The News 6 p.m. - Big Story 7 p.m. - CNN Presents	9 p.m. - Music and the Spoken Word 6 p.m. - The Simpsons 8 p.m. - Joan of Arcadia 9 p.m. American Idol	12:30 a.m. - Sesame Street Specials 3 p.m. - MotorWeek 8 p.m. - Space Cowboys	7 a.m. - Kickin It 12:30 p.m. - Hour of Power 3 p.m. - Wishbone 7:30 p.m. - Airforce TV News 8 p.m. - MLB	7:30 a.m. - ESPNNews 2 p.m. - Horse Racing 4 p.m. - PGA Tour 8 p.m. - Baseball Tonight
Mon. May 17	7 a.m. - Tim Russert 8 a.m. - Fox Report 9 a.m. - This Week 11 a.m. - 60 Minutes 4 p.m. - Beltway Boys 8 p.m. - Good Morning America	10 a.m. - Average Joe 2 p.m. - Shanghai Noon 5 p.m. - The Simpsons 8 p.m. - Airlines (YR.1)	10 a.m. - The Dr. Phil Show 11 a.m. - The Oprah Winfrey Show 4 p.m. - I Spy 7p.m.-60Minutes	8:30 a.m. - Seinfeld 12 a.m. - Meet the Press 3:30 p.m. - Wheel of Fortune 7:30 p.m. - Judge Judy 8 p.m. - Today 10:30 p.m. - Digimon	9 a.m. - MLB 12 a.m. - SportsCenter 4 p.m. - PGA Tour 8:30 p.m. - NASCAR Nextel Cup Series
Tues. May 18	7 a.m. - Headline News 8:30 a.m. - CBS Evening News 10 a.m. - Hannity & Colmes 6 p.m. - CNN Daybreak	9:30 a.m. - The Cosby Show 6 p.m. - Monk 7 p.m. - The Practice 8 p.m. - Biography 9 p.m. - Arachnophobia	1 p.m. - Access Hollywood 5 p.m. - Jeopardy! 3 p.m. - Arthur 7 p.m. - 7th Heaven 8 p.m. - Maid in Manhattan	8 a.m. - MLB 11 a.m. - Baseball Tonight 3 p.m. - Sagwa 5:35 p.m. - Guiding Light 6:17 p.m. - General Hospital	8 a.m. - Pardon the Interruption 11 a.m. - NHL 1:30 p.m. - SportsCenter 4 p.m. - MLB 7 p.m. - SportsCenter
Wed. May 19	8 a.m. - ABC World News Tonight 12 p.m. - BET Nightly News 2p.m.-Newsnight w/ Aaron Brown 7 p.m. - The O'Reilly Factor	10 a.m. - Ally McBeal 6 p.m. - American Idol 8 p.m. - American Experience 9 p.m. - Weapons at War	9 a.m. - Blue's Clues 3 p.m - Between the Lions 7 p.m. - 8 Simple Rules 8 p.m. - Fear Factor	8 a.m. - 4 QTRS 3 p.m. - Blue's Clues 4:46 p.m.- The Oprah Winfrey Show 7 p.m. - Headline News 10:30 p.m. - Teamo Supremo	8:30 a.m. - NBA Shootaround 12 p.m. - Motorcycle Racing 2 p.m. - ESPNNews 4 p.m. - MLB 11 p.m. - NBA Fastbreak
Thurs. May 20	7:30 a.m. - NBC Nightly News 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes II	8 a.m. - The Wild Thornberrys 2 p.m. - Masterpiece Theatre 6 p.m. - American Idol 9 p.m. - Horatio's Drive	9 a.m. - Play With Me Sesame 3 p.m. - Disney's Hercules 7:25 p.m.- Scrubs 8 p.m. - The Bachelor 9 p.m. - E.R.	8:30 a.m. - NHL 12 p.m. - Headline News 2 p.m. - Sesame Street 3 p.m. - Play With Me Sesame 3:30 p.m. - Wheel of Fortune	7 a.m. - Sportscenter 11:30 a.m. - NBA 4 p.m. - MLB 7 p.m. - SportsCenter 11:30 p.m. - NHL 2Night
Fri. May 21	1 p.m. - Larry King Live 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8:30 a.m. - Spongebob Squarepants 3 p.m. - The X-Files 6 p.m. - The Dead Zone 7 p.m. - Boston Public	9 a.m. - Little Bill 3 p.m. - House of Mouse 4 p.m. - Ozzy & Drix 8 p.m. - The Apprentice 9 p.m. - Alias	9 a.m. - NHL 2 p.m. - Sesame Street 3:30 p.m. - Wheel Of Fortune 5:35 p.m. - Guiding Light 11 p.m. - Ozzy & Drix	8 p.m. - NBA 3 p.m. - SportsCenter 4 p.m. - MLB 8 p.m. - PRCA Rodeo 9 p.m. - MLB

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353
Alcoholics Anonymous
090-9602-4353, 090-8229-7048
CFAS Wardroom Association
252-3452
CPO Association
252-3521
Guardian Angels
Spouse support group. 090-5945-2150
MCM Spouse Support Group
252-7235
USS Juneau Support Group
252-7301
USS Essex Family Support Group
<essexfsg@ratbert.org>
Nippon Lodge Number 9
252-3481
Officers' Spouses' Club
252-7345
Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481

Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347
Thrifty Treasures
252-8940
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959
Navy League, Sasebo Council
252-3109
Exceptional Sailor Program
Shore Duty E-4 and below, 252-5525
Sasebo Homeschool Support Group
252-8195, 0956-58-7875
Filipino American Association
252-8361, 080-3228-5809

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Fire Prevention Offices
Main Base & Hario 252-2142/2162
Ordnance Areas 252-2166
FISC Areas 252-2163

Business lines
Information/Dispatcher 252-3408
252-3518
Administration 252-2141
Secretary 252-2143
Assistant Chief of Training 252-2149
Assistant Chief of Prevention 252-2139
Fire Chief 252-2147

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

MWR spotlights Hario gym's Recreation Aide

Frank A. DeSilva
MWR Marketing

Marissa Layug and her husband Amor have lived in Europe and Asia for most of their extensive Navy career, but Marissa says there is no place like Hario Village. As the Lead Recreation Aide at the popular Hario Gymnasium, Marissa gets to know just about everybody who lives there. That, she says, is what she likes most about her job.

"Yes, I know a lot of people here," Marissa said, herself a resident of Hario for over two years now.

"I can tell who the newcomers are in a minute, and I always make it a point to welcome them to Hario Village and introduce them to the sports and recreation programs we offer. It's the best part of my job. I love it here," she said.

Layug supervises a staff of six at the modern facility, located just across the street from the Hario Community Center and Hario Village Theater and a few short steps from her home in one of the nearby apartment complexes. Most of the staff are part-time employees but Marissa and her assistant, Recreation Aide Eileen Beetz, pretty much keep things under control from 6 a.m. until 10 p.m. Monday through Friday while her dedicated part-time employees maintain the facility from 8 a.m. until 10 p.m. on weekends and holidays.

The gym complex includes an impressive array of sports and fitness facilities loaded with top quality equipment, including a huge basketball court with six baskets (two more can be added on a moment's notice), a racquetball court, a playroom fitted with cardio fitness machines so parents can work out and keep an eye on their children at the same time, strength training facilities and equipment, an aerobics training room, locker rooms, saunas and jacuzzi for men and women, plus a gear issue section where authorized patrons can check out everything from tennis racquets to dodge balls free of charge.

"We also take reservations for our tennis courts and the ball field, as well as for

basketball and racquetball court time. Rail Town, the newly installed skateboard park next door, pretty much runs itself so no

"When we changed the aerobics hours a while ago from mornings to mid-afternoon we started getting a better turnout," Layug

"This facility is intended for everyone," Layug said. "You don't have to be in top physical condition to benefit from our free classes and clinics. We have experts, like Mr. Glazier and others who can show you how to improve your physical conditioning the correct way."

Other sports and fitness classes offered in Hario for a fee include the Benton Karate program and Shiroinji Kempo Karate classes.

In addition to running programs inside the complex Layug and her staff also help coordinate a variety of off-site events, including a series of fun runs scheduled during holidays or other special occasions.

Layug and her staff also coordinate swap meets inside the gym approximately every other month or so, depending on demand.

"It's fun to be involved with so many things out here because everyone has a good time and they enjoy themselves. That's what I like about this job," she said. "People appreciate it when we take the time to talk with them and we get to know them better at the same time. It's really a very friendly, family-type place here and we want to keep it that way."

Everyone who enters the gym complex can't help but notice how clean and neat everything is. That's because Layug and her crew have cleanliness very high up on their list of daily priorities.

"The first thing we do when we open every morning is clean everything, even outside, so when patrons start coming in everything is ready for them," Layug said.

Layug and her staff constantly monitor every aspect of the gym complex from the time they open until the lights are turned off at night, making hourly checks to see who is in the facility and what they're doing.

"We do that for safety reasons and also to let our patrons know that if they need anything we're always available to help them," Layug said.

So what's the best part of her job? "Oh, the people. They're the most important thing. That's why I love this job so much," she responded without hesitation. "When we leave here this September I'm really going to miss this place."



The Lead Recreation Aide goes over strength training tips with a patron at the Hario Gym strength training facility last week. The facility includes an impressive inventory of training equipment, including a wide assortment of free weights available to patrons free of charge seven days a week. (Photo by Frank A. DeSilva)

reservations are required.

"The basketball courts are used every weekday during the school year from 12:30 to 2:30 p.m. for the students to complete their Physical Education classes. But other than that, any authorized patron can stop by and play, or to reserve time on the court for either basketball or volleyball," Layug said.

Overall some 50 patrons visit the gym complex every day, most using the cardiovascular machines and free weight training facilities. The busiest time is in the afternoons when students come home from school, but many patrons, parents especially, participate in the popular free step aerobics classes offered there every weekday.

said.

"Right now we're averaging about 70 people a week. Some take the 2 to 3 p.m. class on Tuesday and Thursday and some take the evening class from 7 to 8 p.m. on Monday, Wednesday and Friday.

"Step aerobics is very popular here because we have really good instructors like Beth Dugan who runs the afternoon classes and Laura Sicks who teaches the evening classes," Layug said.

Free fitness strength training classes are also offered there under the watchful eye of instructor David Glazier who also conducts a special Metabolism Booster Clinic for beginners.

Darby's field day gets the kids out

Chris Boyd
Darby Elementary School

May 7th, students at Darby Elementary all took part in Field Day events. Field Day is a special Spring-day of activities at many elementary schools across the United States. Field Days can have many different variations. But, no matter what the style, Field Days take quite a bit of time and energy to organize and run.

Mr. John Cochran, the Physical Education teacher and a fourth grade teacher at Darby organized the event for Darby juggling schedules, Specials, and Lunch periods to provide an opportunity for all classes to have a Field Day. However, instead of having the entire school go outside and stay outside for the day, Mr. Cochran arranged for shifts that allowed all

the classes to rotate through every event. Each event was staffed with parent and community volunteers who gave directions to students about each event.

Students competed against one another in sack races. They tried to outscore one another in Foam Ball -a creation of Mr. Cochran's that played like baseball with some subtle differences. Champlain Campbell made sure they challenged one another and wore themselves out in the grueling Army Navy Marine Relay race. All of the events called for the students to be physically active and in some cases use team work in order to accomplish a goal. Besides the occasional desperate call for water, students seemed to enjoy themselves.



Darby Elementary students struggle with their sack during Field Day. (Photo by Chris Boyd)

SES student wins contest



A Sasebo Elementary School third grader recently invented the Wood-Yup creature for a contest sponsored by Scholastic, Inc. Her creation was chosen as one of the 10 Runner-Up Winners of the Lucky Book Club's "Spiderwick Create-A-Creature" Contest. She was presented with an art kit and a signed set of the Spiderwick Chronicles. (Photo by Beth Martin)

Base, community announcements

Santacruzán

The FIL-AM Association is sponsoring a Santacruzán in honor of the Blessed Virgin Mary on Saturday, May 22 in Hario starting at 3 p.m. in the Hario Chapel. The procession will follow at 4 p.m. and Catholic Mass at 5:30 p.m. There will be a fellowship potluck reception after the service at the Hario Chapel. The rain date is May 29.

Vet Clinic

The Vet Clinic is cleaning out their records. If you have a pet in Sasebo that has not been seen over the past 12 months please call the clinic to make sure that your animal’s record is up to date. Contact the Vet Clinic at 252-3585.

USO Sales

USO’s upcoming vendor sales for May: Oriental Deco and Michelle Jewelry will be May 14 - 16 at Kiku Tower. Raymond Ko Jewelry will be at Nimitz Park May 19 - 24. Call 252-3873 for more information.

Memorial Day Services at Soto Dam

The Sasebo Chief Petty Officers Association, Blue Jackets Association and the Kyushu Military Retired Association will make their annual homage to Soto Dam on Sunday, May 30. This annual visit is to honor the 55 U.S. Servicemen and 14 Japanese who died during the dam’s construction from 1941 to 1944. Services will begin at 12 noon, transportation will be provided. The bus will leave the Showboat Theater at 11 a.m. and return at 1:30 p.m. If you would like to use the transportation provided, please contact OS1 (SW) Hermosura at 252-2342 or email c30hg@cfas.navy.mil.

Uniform for active duty will be summer whites, other guests are requested to wear appropriate civilian attire.

Following the ceremony there will be a potluck picnic at Nimitz Park, everyone is invited to attend. Please bring a covered dish and/or desert. For more information please call 252-2342.

CFAS Fire Department

The CFAS Fire Department will be conducting their annual testing of base fire hydrants on the following dates: Beginning Monday, May 17 - Hario Housing from 9 a.m. until 11 a.m.; India Basin and Maebata Ordnance areas from 7 p.m. until 9 p.m. Tuesday, May 18 - Hario Housing from 9 a.m. until 11 a.m.; Supply storage area from 7 p.m. until 9 p.m. Wednesday, May 19 - Main Base area from 7 p.m. until 9 p.m. Thursday, May 20 - Main Base Housing area from 9 a.m. until 11 a.m. and FISC Akasaki from 7

p.m. until 9 p.m. During the testing a discoloration of the tap water may occur. This is harmless and it is recommended that aerators be cleaned and also run the washing machine through a complete cycle without clothes before doing laundry.

Fleet and Family Support Center

Fleet and Family Support Center Sasebo (FFSC) deeply regrets having to discontinue the practice of providing free childcare services to class attendees and counseling clients.

The greatest impact of this measure will be felt by new arrivals who must attend the mandatory Area Orientation Brief/Intercultural Relations (AOB/ICR) course if they are to obtain a driver’s license to operate a motor vehicle in Japan. We will continue to assist new arrivals by calling and making necessary reservations for their childcare needs, but we will no longer provide vouchers to pay for the care itself.

Town Hall Meeting

Captain James will be Hosting a Town Hall meeting on May 19th at 6 p.m at the Main Base Community and Education center. This is open to all personnel and family members.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5639 for more information.

USS Juneau Families

May 12 is Military Spouse Appreciation Day. Please allow me to personally convey my gratitude to you for the role you play in your spouse’s career. Your continuous support, courage, strength, patience and ability to hold down the homefront while we are underway significantly contribute to your spouse’s ability to maintain focus on the tasks at hand. It has never been more true than during the past year when our ever-changing schedule kept us away from home much of the time. Your unique contributions to crew, morale, retention, job performance and combat readiness cannot be statistically measured as you are virtually transparent to many Sailors. However, May 12 is your day to be recognized and I want to thank you for all your support in your spouse’s career and the United States Navy. Please enjoy a free meal at the Harbor View Club between now and June 12, courtesy of the USS Juneau (LPD 10). Certificates may be obtained at the Harbor View Club Cashier’s Cage. Simply identify yourself as a “much appreciated Juneau spouse,” show your military identification card and initial the

roster. For more information contact your command ombudsman at 252-8184. From Captain K.E. O’Flaherty, Commanding Officer, USS Juneau.

Sasebo Elementary School

Sasebo Elementary School teachers would like to send out a big thank you to all the Parent Teacher Organization (PTO) Volunteers, Parents and the Fleet and Family Support Center.

NEX Notes

NEX Sale	Now- May 17
Furniture Sale	Now- May 23
Sight & Sound	Now- May 23
NEX Sale	May 19-23
Garden & Furniture Sale	May 19-31
NEX Sale	May 26-31
Memorial Day Specials	May 29-31

Market Basket Price Survey

The market basket pricing survey that has just been completed, reports an overall savings to our customers of 20.7%. This is a substantial increase from the November 3 survey which reported 15.8%. The overall savings by market and retailer are provided as follows:

a. Overall Savings by Market: Pearl 24.8%, Everett 21.4%, San Diego 21.3%, Pensacola 19.1%, Great Lakes 19.4%, Bethesda 20.3%, Jacksonville 19.1%, Norfolk 20.7%. Average: 20.7%
b. Overall Savings by Retailer: Staples 14.9%, Circuit City 14.7%, Wal-Mart 10.4%, Office Max 23.2%, Target 15.2%, Home Depot 16.8%, Penneys 26.4%, Sears 17.9%, Dillard’s 24.6%.

NEX Market Basket Survey Q&As

What is a market basket survey?

A market basket is a representative sample of items we and similar retail stores outside the gate sell. We collect the everyday price on a list of about 350 identical items among various retailers in eight geographically dispersed NEX markets to determine average savings. These are Bethesda, Everett, Great Lakes, Jacksonville, Norfolk, Pearl Harbor, Pensacola, and San Diego.

Why do a market basket survey?

One of the core benefits that the Navy Exchange delivers to its patrons is savings. To deliver on our promise of, ‘We Save You Money Every Day.’ We need statistical proof that we are indeed providing the benefit at a significant level and to track our progress.

How are the items selected?

Items selected for the price survey are basic, brand name merchandise, highly visible with high velocity (unit sales) that generate high footsteps and are widely available from other retailers. The survey consists of approximately 350 items from 34 retail departments.

What other retailers are in the survey?

Other retailers included in the survey

encompass a full range of retail stores such as Home Depot, Dillards, Sears, Penneys, Office Depot, Best Buy, WalMart, and many others.

Who conducts the survey?

Our surveys are currently being conducted by an independent outside research company, QRS Corporation, Richmond, CA

How often is the survey conducted?

The survey is conducted three times per year, during the months of February, June, and September.

Where can I get more information about the results?

Information can be found on the public web site at www.navy-nex.com/savings. More detailed survey information is posted on the Code P section of the NEXCOM Intranet. POC is Eileen Andrews at 757-631-3801.

Cool Sensation

Dunkin’ Donuts offers the same great varieties of Iced Dunkin’ Original as the ones that are served hot. Stop by Bayside Food Court and refresh yourself.

NEX Sale

Starting Wednesday, May 19, flyers will feature irregular bath towels at three for \$9.99; \$16.99 all sizes comforters; 20% off famous-maker sunglasses; electronics values and more. Garden Shop and Furniture Sale flyer features lawn and garden, outdoor values and additional 20%-30% off on all clearance furniture until May 31.

Birth Announcements

A service of FFSC New Parent Support and *Sasebo Soundings*

Michael John Lannamann

Born at 5:41 p.m. April 23 in Dr. Higashijima’s Ladies Clinic to Mother, Vanessa Lynn Lannamann, and Father, LCDR Daniel Lee Lannamann of Ship Repair Facility Det. Sasebo. Michael weighed 8 pounds even at birth. Both Angelina and Brandon are excited about having a new baby brother to care for.

Kylie Mae Stolinski

Born at 3:01 p.m. April 24 in Dr. Higashijima’s Ladies Clinic to Mother, Tracy Lynn Stolinski, and Father, MN2 Lawrence Edward Stolinski, Jr. of the USS Patriot (MCM-7). Kylie Mae weighed 8 pounds 6 ounces at birth.

Congratulations to these proud parents and welcome to this wonderful new addition to our Sasebo Navy family.

See LaDonna Kolman, FFSC-Sasebo New Parent Support Nurse, to have your baby’s birth announced in *Sasebo Soundings*.

CLASSIFIEDS

VEHICLES

(Exp. May 22) **1992 Mazda Autozam**, JCI '05, asking \$3000. Call Ernest 252-8687.

(Exp. May 22) **1990 Toyota**, JCI '05, asking \$800. Call Tim Bailey 0956 32 8023 or 090 9796 2302.

(Exp. May 22) **1990 Nissan Laurel**, JCI '05, asking \$1300. Call 252-3902/3746 or 090 6192 3067.

(Exp. May 22) **1994 Mazda Sentia**, JCI '06, asking \$3200. Call 252-8196.

(Exp. May 22) **1991 Toyota Supra Twin Turbo**, JCI '05, asking \$3500. Call 090-2088-3532.

(Exp. May 22) **1995 Mazda Proceed 4WD SUV**, JCI '05, asking \$3500. Call 090-2088-3532.

(Exp. May 29) **1995 Toyota Lucida Estima**, JCI '06, asking \$4800. Call 252-7180.

(Exp. May 29) **1998 Harley Davidson**, asking \$7000. Call 090 7534 9582.

(Exp. May 29) **1989 Toyato Van**, asking \$300. Also selling **1988 Yamaha Virago Motorcycle**, asking \$300. Call Tess 252-8599 or 090 1879 6259.

(Exp. May 29) **1997 Nissan Stationwagon**, JCI '04, asking \$3000 obo. Call 252-2322.

(Exp. May 29) **1996 Honda Stationwagon**, JCI '05, asking \$4300. 1993 Nissan Sunny, JCI '06, asking \$1500. Call 090 7396 9753.

(Exp. May 29) **1997 Nissan Stationwagon**, asking \$3000 obo. Call 090 7295 9046.

(Exp. May 29) **1991 Toyato Carona EXIV**, JCI '05, asking \$1000 obo. Call 252-7300 or 090 5725 5463.

(Exp. May 29) **1992 Nissan Serena Van**, JCI '06, asking \$3000 obo. Call Jovie 252-8354 or 090 4483 9230.

(Exp. May 29) **1995 Honda Integra**, JCI '06, asking \$3500 obo. Call Melanie 252-8602 or 080 3222 7043.

(Exp. May 29) **1994 Mazda Familia**, JCI '05, asking \$1000 obo. Call 252-7351.

(Exp. June 5) **1991 Honda Motorcycle**, JCI '06, asking \$1600. Call 252-8122 or 090 5929 7031.

(Exp. June 5) **1989 Toyota Van**, JCI '05, asking \$1800 obo. Call 090 4488 9388.

(Exp. June 5) **1992 Toyota Grand Mark II**, JCI '06, asking \$2500. Call Teresa 25 9287 or 090 1164 4926.

(Exp. June 5) **1993 Nissan Primera**, asking \$2300. Call 252-7260.

(Exp. June 5) **1992 Honda Accord**, asking \$1800. Call 252-7260.

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. May 22) Phone rights for sale, \$300. Call 252-8284.

(Exp. May 22) Two heated twin size mattress pads \$15/ea, Two electric blankets twin size \$20/ea, AFN satellite dish w/10ft. cable for hook up \$50, Transformer - 500VA \$50, microwave 120v \$50, White kitchen dish cabinet w/ microwave shelf \$190, Utility cart \$15, Hitachi VCR \$40, Japanese ceramic water fountain \$70, Chinese 8/10 wool rug scenery design \$699. **American Antiques** Solid oak bed from 1890 \$600, Walnut dresser from 1865 \$600, Oak dining room table, Queen Anne legs \$450, seven oak dining room chairs \$75/ea, Oak tea table Circa 1890 \$450. Call 252-8902/3746 or 090-6192-3067.

(Exp. May 29) Entertainment center, fits up to 32" TV \$50, Georgia O'Keefe Southwestern print, blue tones with decorative cut matt 38" x 32" \$40, Heated rollers \$10. Call 252-7186.

(Exp. May 29) Big Screen TV, 54" Toshiba television with built in stereo speakers, black cabinet on rollers. Asking \$1,000 obo. Call Beth at 252-7300 or 090-5725-5463.

(Exp. May 29) Three light wood cabinets, in excellent condition. \$15/ea obo. Call Gina at 090-4221 9211.

(Exp. May 29) Lost cat- adult, male, long solid yellow haired. Lost in vicinity of security, vets and Paws and Claws. Lost Tuesday evening. Call Sandra at 34-5321 or 090-5024-7139.

(Exp. May 29) Sofa, asking \$300. Call 252-7180.

(Exp. May 29) AFN Satellite Dish, \$30. FMI, call Tim at 090-9796-2302.

(Exp. June 5) Phone rights for sale \$300. Call Teresa 25 9287 or 090 1162 4926.

(Exp. June 5) Metal shelves \$75/ea, Punching bag w/ gloves \$25. Call 252-8599 or 0901879 6259.

(Exp. June 5) Phone rights for sale \$150, will be available May 27. Call 47 5878 or contact A Reid at E.J.King.

(Exp. June 5) SkyPerfect Satellite Dish w/accessories \$75, ceiling light fixtures \$20/ea, Delonghi Retro Convection Oven \$250, Tatami closet drawers \$5/ea. Call Tamara 252-7373.

(Exp. June 5) Four year old Cat needs good home, loveable, playful. Can't take her back to US. Call 252-3150/8355 or 090 9590 1506.

(Exp. June 5) Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excellent condition. Ready to sail anywhere. Main cabin with king sized berth, twin bunk beds in second cabin, two heads w/showers, propane fireplace/heater, large galley with three burner propane stove, oven, microwave and refrigeration. 85hp Ford Lehman diesel engine, watermark, full electronics and much more. Located in Sasebo, Japan. Asking \$120,000. For more information call 090 3882 8616 or email secondwinds53@hotmail.com

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Iura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Need a translator? Need someone who can talk to a Japanese person? Anything you can think of, I can translate! If you ever need to negotiate: bills, phone rights, cable TV hook-ups, Cho/Landlord issues, car buying, insurance, car registration. I speak fluent English and Japanese and can provide confidential services like: birth certificates, divorce paperwork, marriage paperwork, City Office visits, hospital/doctor visits. Call Victoria at 090-7445-1853.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. maori@post.cc.sasebo.ac.jp or 31-2863.

Experienced in teaching to children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base. Please call 252-7186 or 080-5050-6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with

over 18 years of experience. Convenient main base home office. Call Beth 252-7300.

Are you and your friends interested in learning conversational English? Children and adults welcome, day or evening lessons. Call Tricia at 252-8626 or 090-7537-8926.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French language tutor. Pierre 090-3734-3509 or <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are lo-

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

cated in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321

Pacific Pixels Photography Specializing in family, silhouette adn kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxed time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail shirley@pacificpixels.com

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34-7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 0956-39-2815. Check us out on the web;www.mdphotography.net.

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6709 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

HELP WANTED

These ads are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements:
Applications for the following open-continuous vacant

positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. To be fully qualified, applicants must have a high school diploma. 15 college credit hours preferable. J.N. Darby has IMMEDIATE openings for Education Aides. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ABILITY TO PROVIDE SPECIALIZED SERVICES TO INDIVIDUALS WITH DISABILITIES. Candidates should describe experience; education and/or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 30 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred.

CENTRAL TEXAS COLLEGE

Central Texas College is currently looking for evening instructors in the following areas: Business Management, Human Resource, English, Speech, Computer Science, Developmental Math and Physical Education. We are also looking for distance learning instructors in the following areas: Accounting, English and Government. For more information, please contact the local field advisor at 252-3730 or email sasebo-fa@ctc-japan.com

J-PHONE

J-Phone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: jphone_sase@poem.ocn.ne.jp or contact J-Phone at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

USO

Full time Duty Manager, Sasebo USO. Flexible Schedule, 30-40 hours per week. Individual needs to be detail oriented so they can run USO centers in accordance with the agreed procedures and maintain customer service. Position open until filled. Responsibilities include: Open and close area centers. Previous experience in retail/coffee shop service, cash handling and customer service preferred. Hired employees will cross train to run either center. You can pick up the application at either USO center, Fleet Landing or Nimitz Park. Call DJ Stanhope for more information at 252-3873/3866.

MWR

REGULAR FULL-TIME POSITION:
Child Development Center (MB), SSN Required
Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04, \$10.31/hr. Open until filled.

Sailing Center

Maintenance Worker, \$10.29/hr. Open until filled.

Theater

Theater Manager, NF-03, \$21,000 to \$55,000 per annum. Open until filled.

Marketing

Public Affairs Specialist, NF-03, \$20,500 to \$53,000 per annum. (First Cut Off Date: 05/14/04)

FLEXIBLE POSITIONS:

Youth/Teen Center (HV/MB), SSN Required

Recreation Aide, \$6.50/hr (Teen/Pre-Teen Programs and School Age Care Programs)

Child Development Center (MB), SSN Required

Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr

Bowling Center

Cashier/ Checker, \$6/hr

Cook, NA-04, \$9.58/hr

Sailing & Outdoor Recreation Center

Recreation Assistant (Sailing), NF-02, \$8.39/hr

Theater (Showboat/Hario)

Snack bar Clerk, NF-01, \$6/hr

Facilities

Tools & Parts Attendant, NA-05, \$8.66/hr

Hario Fitness Center

Recreation Aide (Gear Issue), NA-01, \$6/hr

Fleet Fitness Center

Recreation Aide (Gear Issue), NF-01, \$6.00/hr

Recreation Assistant (Phys. Fitness), NF-02, \$8.39/hr

Swimming Pool (HV/MB)

Lifeguard, NF-01, \$6.50/hr (Must have certification for Lifeguard & CPR)

Lifeguard with Water Safety Instructor (WSI) Certification, NF-01, \$7.00/hr

Galaxies

Bartender, NA-05, \$8.66/hr

Cashier, NF-01, \$6/hr

Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr

Cook, NA-04, \$9.09/hr

Video & Sound Equipement Technician, NA-07, \$10.29/hr

Harbor View Club

Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr

Waiter/Waitress, NA-02, \$7.61/hr

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290

MWR Women take on Fire A-B

Naomi Sullivan
CFAS Public Affairs

Sasebo’s Morale, Welfare and Recreation (MWR) softball league continues to battle it out on the field weekly.



A player on the MWR Women’s Team gives a good-game high five to members of Fire A-B team after the game. (Official U.S. Navy photo by JO3 Rebekah Blowers)

Joining the league for their first game on May 7 was the MWR Women’s team, a team comprised of only women. What makes it unique is that they are not playing against other women, they are out there holding their own against the other league teams that are dominantly male. The women played against the Fire A-B team, and although the final score was 22 - 4, they were out there having fun and did not lose their team spirit. There was plenty of support from the bench and the stands. Hilary Mckie, playing in left field for MWR Women, caught the first out in the first inning, with the women off to a great start with three outs by the sixth batter. Fire A-B came back and took the lead with eight runs at the end of the second inning leaving the women behind. Tracy Hawley, playing second base, raised spirits when she caught a line drive through first and second base. Although there was not much competition for Fire A-B, the women proved that they can play in a league. With more practice and games we can expect there to be some exciting nights to come with the league. The MWR Women plays their next game on Friday, May 14 against the Guardian.

Golf tips and rules:

From the USGA... A note from Rule 20-1 suggests that a ball “should” be marked with a ball-marker or small coin, but the rule makes no specific requirement about the object to be used for marking. Decisions 20-1/17 and 20-1/18 permit some non-traditional objects, a tee and a daisy, to be used as markers. The latter decision points out that, while allowed, it is inadvisable to mark the position of a ball with something, such as a daisy, that might be blown away. Decision 20-1/16 even permits a player to scratch a line on the putting green surface for the purpose of marking the position of a ball, although it is not recommended. The key point is that the ball must be returned to the place it occupied on the course prior to being lifted. Now, don’t try to lift the ball and replace it using a blemish on the putting surface as a reference point. Decision 20-1/21 says such a practice is unacceptable, with the thought being that some object must be used to mark the ball’s position.

Pumpers take Guardian 17-2



Pumpers’ player hits a fly ball to center field during the Pumpers vs. Guardian game Friday, May 7. The Pumpers took the game 17-2 in three innings. (Official U.S. Navy photo by JO3 Rebekah Blowers)

FROM THE BENCH

with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 – 9:00

HUNDER RADIO 1575

Sasebo Sports Standings

Spring Softball (as of May 3):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	6	0	1.000	0
2	Pumpers	4	0	1.000	0
3	Dragons	4	1	0.800	0
4	Patriot	4	2	0.667	0
5	Fort McHenry	3	2	0.600	0
6	Hitmen	2	2	0.500	0
7	Essex	1	1	0.500	0
8	Snipes	1	1	0.500	0
9	Shooters	1	1	0.500	0
10	Kamikaze Squirrels	1	1	0.500	0
11	Bone Crushers	1	2	0.333	0
12	Fire A-B	1	4	0.200	0
13	Guardian	0	4	0.000	0
14	NMCB-5	0	3	0.000	0
15	All Stars	0	2	0.000	0
16	Iron Gators	0	2	0.000	0
17	The Squad	0	1	0.000	0

Spring Basketball (as of May 3):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	8	4	0.667	0
2	Juneau	5	0	1.000	0
3	Hitmen	5	5	0.500	0
4	Harpers Ferry	4	0	1.000	0
5	Raiders	4	2	0.667	0
6	Patriots	4	9	0.308	0
7	Guardian	1	11	0.083	0
8	Terror Squad	0	0	#DIV/0!	0

Upcoming Sports:

Armed Forces Day 5K:

Friday, May 14
Nimitz Park, 5:30 p.m.
Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior).
Memorial Day Softball Tournament:
Tournament will start on Saturday, May 29. Start time is at 10 a.m.
Team entries due to the Fleet Gym Office by May 25. Double Elimination Tourney.
Awards will be given to the top teams, with individual MVP and Sportsmanship.
Memorial Day Weekend 10K:
Monday, May 31
Nimitz Park, 9 a.m.

Finish off your holiday weekend with a jaunt around Nimitz.
Race starts in front of the USO in Nimitz Park.
Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior).
Gym Floor Maintenance Project
The Fleet Fitness Center Basketball courts will be secured from Mon. May 17 – Fri. May 21 due to floor maintenance. The Fleet Fitness Center racquetball courts will be secured from Mon. May 24 – Fri. May 28 due to floor maintenance.
We apologize for any inconvenience. thank you for understanding and we know you will like the finished floor. Fleet Fitness Center Management.